



Art of Joy: The Gift of Receiving

Learning The Secret To Contentment

By Tim LaTour, November 29, 2020

I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me.

Philippians 4:10-13

The secret to contentment is knowing Christ and trusting in His strength .

How do we do this?

Learn from History

Remember God's Faithfulness

Yet it was kind of you to share my trouble. And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. Even in Thessalonica you sent me help for my needs once and again. Not that I seek the gift, but I seek the fruit that increases to your credit. I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. And my God will supply every need of yours according to His riches in glory in Christ Jesus. To our God and Father be glory forever and ever. Amen.

Philippians 4:14-20

REFLECTION QUESTIONS

1. Paul says that he learned the secret to contentment and it is trusting in Christ's strength. What do you need to learn about contentment today?
2. How do you face need and abundance? Are you able to manage those without wavering, or do you struggle? How can you remember God's faithfulness in good times and bad?